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• FIREMAN ROLAND LEE INTERVIEWED

SAN FRANCISCO HISTORY ROOM

EAST WEST 東西報

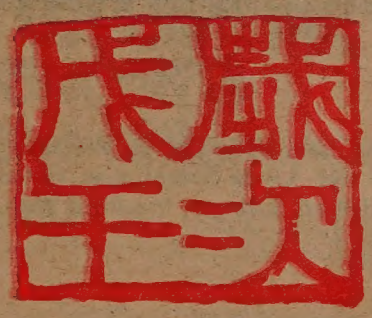
THE CHINESE AMERICAN JOURNAL • PUBLISHED WEDNESDAYS • VOLUME 12, NUMBER 5 • FEBRUARY 1, 1978 • 20 CENTS

HORSE, tomb figurine of glazed earthenware from the T'ang dynasty, will be at the San Francisco Asian Art Museum throughout this year.

T'ang Horses at Asian Art Museum

SAN FRANCISCO — The "Year of the Horse" gallops into the Adrian Gruhn Court of the Asian Art Museum in Golden Gate Park a few hours early on Monday, February 6.

Officially, midnight is the beginning of the lunar year 4676, and Senior Curator Clarence Shangraw of the Museum has selected five T'ang dynasty horses for the special display which begins that day and remains through the year. In addition, many outstanding horse figure art objects are displayed in permanent exhibition in galleries on both floors of the Museum.



The Year of 4676

ROLE

The horse has always played an important role in China, from as long ago as the 15th century B.C. to importations of *T'ien-ma* (Heavenly Horses) which gained great favor with a 2nd century B.C. Han dynasty emperor, and then widespread importation from as far away as Arabia by the T'ang dynasty (618-950 A.D.). It remains a symbol of strength and speed.

"It appears that the upper classes of T'ang found their greatest pleasure in horses," Shangraw says. "Myth and legend give us account of the potent capacities and supernatural feats of various breeds of horses."

The five horses in the special exhibit show T'ang status was determined by grave or tomb furnishings. Two displayed are saddled but riderless, and three have riders. All are pottery or glazed earthenware, the largest standing more than two feet tall and 30 inches long.

CYCLE

The 12-year cycle brought a "Year of the Horse" previously in this century in 1906, 1918, 1930, 1942, 1954 and 1966. Horse people are said to be very cheerful, quick in everything they do, and good with their hands. They also anger quickly and are terribly independent, but quite popular and very decorative.

Museum hours are 10 a.m. to 5 p.m. every day of the year. □

Better Housing Citizens' Group Meet Tonight

SAN FRANCISCO — The Stockton-Washington Redevelopment Area Citizen's Committee will meet tonight at 7 p.m. at Cameron House to consider new housing to be built on the corner of Stockton and Washington Streets.

This project has been advocated by the Chinatown Coalition for Better Housing for the past two years. □

Forum Discusses Youth Problem in Chinatown

By LESTER W. CHANG

SAN FRANCISCO — How much does Chinatown care about its youth?

This was the apparent overriding question raised at last week's forum sponsored by the United Chinese Action (UCA) to implement workable solutions through which killing, rampant extortion and youth gang activities in Chinatown can be put to rest approximately five months since the Golden Dragon Restaurant killings.

Recommended at a gathering of about 150 by Superior Court Judge Harry Low to combat youth crimes, was to effect a community type court system under which less severe crime offenders would be reprimanded by peers and community leaders "rather than just shoot him through the juvenile court system."

WORKSHOPS

The areas of concern which UCA elaborated upon through segmented workshops were illicit activities, families, schools, youth agencies and the legal system.

Among those in attendance at the forum held at the Chinese Cultural Center were California State Senator Milton Marks, San Francisco Supervisor Gordon J. Lau, Supervisor John Molinari and various representatives from city and state agencies working with youths.

"We [Chinatown] are a mecca for tourism, though this isn't a mecca," said Lau. "Many white friends think we are wealthy. You know that there are many people in Chinatown who work more than 12 hours a day. Youth crime is an indication of all the other problems we have in the community."

RESENTMENT

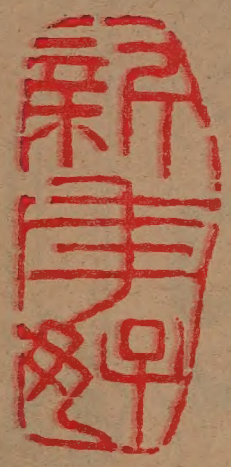
He said that helping youth in Chinatown was an almost insurmountable task, because "there is a resentment of adults and there are very few people working with youths."

He added that the lack of recreational facilities in Chinatown and the lack of education for those competing for jobs with others with advanced college degrees were paramount concerns that sometimes spur youths into crime entanglements.

"Problems exist when parents are poorly educated, aren't happy with their living situation in the United States, or with housing in San Francisco," said Lau. "Their kids will also feel they will not have much to look forward to."

Disputing claims that the majority of youthful crime perpetrators were Hong Kong transplants, Lau said, "these kids learn this from San Francisco and not Hong Kong."

Lau, however, reassured the gathering that "although the forum can't resolve youth problems in a vacuum," he would work closely with concerned individuals on the issue.



A Good New Year

SKEPTICISM

But according to Dr. Rolland C. Lowe, the forum moderator, an air of skepticism preceded the meeting, "particularly from the adult organizations" who felt nothing productive could come out of UCA's efforts.

Alan Wong, director for Self-Help for the Elderly, admittedly came to the forum skeptical that the forum could lead to workable solutions as Dr. Lowe and UCA members had envisioned. Wong added that the recommendations were effective in theory but fell upon deaf ears when they were

Continued on page 2

Peking Unhappy with Carter's China Policy

PARIS — Chinese officials have been complaining to the French news media that their relations with the United States have deteriorated under President Carter. They also charged privately that "there are many persons in the Carter administration who are anti-Chinese and are not interested in normalizing diplomatic relations along lines acceptable to the government in Peking," according to a report in *The Christian Science Monitor*.

"We realized that during the very disappointing visit of Cyrus Vance [last year]," one Chinese official was quoted as having told an editor of *Le Nouvel Observateur*.

The complaint was made to French reporters who were travelling with Premier Raymond Barre during the latter's recent visit to China.

The Chinese officials also complained that the U.S. is restricting trade on grounds that certain export items could be used for military purposes and is trying to increase tensions between China and the Soviet Union. □

15 Years for Gang Leader

SAN FRANCISCO — Michael Louie, 21, one of the leaders of the Wah Ching gang, was sentenced to a 15-year state prison term last week for the August 28, 1976 slaying of his former girl friend, Kit Mun Louie.

He was sentenced by Superior Court Judge Walter F. Calcagno to a concurrent 6 to 15-year prison term for a separate charge of possession of a weapon. He could be eligible for parole after four years.

Louie was arrested for the murder of Kit Mun Louie (no relation). Her body, wrapped in a blanket and dumped near Stinson Beach in Marin County, was discovered five months later.

In his confession, Louie told police that he was angry with her, with whom he used to live, because she had been seeing members of the Joe Boys gang.

Louie said he intended to frighten her into obeying him by pulling the trigger, but inadvertently had left a bullet in the chamber. She was killed instantly.

Two other members of the gang, Samson Tso and Dard Wei Chen, have been charged with helping to dispose of the body. □

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EDITORIAL

Youth Problem

Whenever people talk about gang-related activities in the Chinese American community, they lump everything together, put it into one grab bag, and label it "youth problem."

True, many of the gang members and would-be-members are young people. But, has anybody bothered to count what percentage of the young Chinese American population is involved in gang activities?

You bet that the percentage is small.

And has anybody bothered to talk to the young folks themselves? Have anyone asked the gang members themselves what are the problems in Chinatown?

Bet you none of them would say that it is a "youth problem."

They would probably point to problems in education, jobs, housing, family, underworld influence, cultural adjustment, and a host of other troubles in the community that all of us are familiar with. Some would even name gang leaders and trouble-makers in the community who have definitely passed their youth by decades.

These, which can be clearly seen by everyone, are adult problems.

If we choose to ignore or sidestep the adult problem, there is no way that we can tackle the "youth problem".

As Families Gather

Lunar New Year is time for family gathering, for honoring the elderly and the ancestors, for thanksgiving, for settling old accounts and making new plans, for visiting relatives and friends, and for festivities in the community.

As Chinese families gather throughout the United States for the Lunar New Year next week, we hope that the best traditions of this festival will be kept.

Happy New Year of the Horse!

Forum on Youth Needs Makes Recommendations

Continued from page 1

presented to a legislative body for enactment.

But while appropriate city legislative bodies may hedge on proposed youth crime deterring programs, Chinatown, according to Judge Low, could best grapple with crime activities in a more effective manner through the resurfacing of the community court system used in Chinatown so many years ago.

A topic incurring a measurable degree of encouragement, was the recommendation of a community task force representing all factions of the Chinese community. This community judicial process would work under the auspices of a neighborhood mediation center.

Alan Der, of the San Francisco Probation Department, recommended that youth share a part of the mediation process.

AWRY

But there were others in the audience who felt the direction of the forum had gone awry. Wayne Yee, director of Youth Alternatives and a UCA board member, said that "We haven't spoken enough about the problem. We should develop a task force that involves the youth themselves. There was nothing said about that."

Yee's comments apparently illuminated the achilles heel of the forum — the conspicuous absence of hard core youths.

According to San Francisco police officer Mike Griffin of the Youth Service Division Juvenile Bureau, the police department had been working with certain City communities using the mediation process, and successfully too.

The bureau is comprised of a 10-man unit which works with community organizations in providing counseling that eventually could lead to the erasing of any criminal offense and "give him a clean slate."

Although few could actually pinpoint the reasons spurring a youth to enter a life of crime, it was suggested that lack of motivation, culture shock, discrimination and racism were contributing factors.

According to one forum participant, "to some youth, the world stinks and they express their hatred through stealing. We [the Chinatown community] should somehow make them feel important, feel their self-worth and show that we care."

CARES

One way of showing that the community cares is to engage community businessmen to hire youths either on a part-time or full-time basis.

Other recommendations include urging the school to revise its job training program, hire more bilingual counselors, form student review boards to allow the students to air their grievances, and a closer school-parent relation.

On matters pertaining to families, the forum recommended that there should be a media column to air family problems, and an orientation program for immigrants. □

Internment Credit Bill Passes House

WASHINGTON — The House of Representatives approved H.R. 9471 sponsored by Representative Norman Y. Mineta (D-13th, CA.), by a vote of 366 to 12 last week, granting civil service retirement credit to Japanese American civil servants for the time they spent in internment camps during World War II.

"I am deeply gratified by the overwhelming support lent to this measure by members of the House," said Mineta. "This legislation will provide some redress to those Americans of Japanese ancestry who were unjustifiably denied their constitutional and human rights.

"I now look forward to prompt action in the Senate on this legislation," he said. □

NOTICE

East/West observes Lunar New Year. Our office will be closed on Tuesday, Feb. 7, New Year's Day for the Year of the Horse.

EAST WEST

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BIG TURNOUT AT CAA ANNUAL MEETING

By SUSAN ROSEGRANT

SAN FRANCISCO — Chinese Americans of San Francisco can look forward to an era in which city officials will be more responsive to the need for affirmative action and equal rights.

This was the message of several speakers, including Mayor George Moscone, Supervisor Gordon J. Lau (District 1), and Roger Boas, Chief Administrative Officer for San Francisco, at the Sixth Annual Membership Meeting and Champagne Buffet of the Chinese for Affirmative Action (CAA).

Over 700 members and guests attended the Chinese buffet held Tuesday night, January 24, in the University Center of the University of San Francisco.

TURNOUT

"This is the most extraordinary turnout of people for any event that I've seen for a long time," said Moscone, who was introduced by CAA Trustees' Chairperson Kathy Lowe.

He hailed the membership of CAA, saying that "everyone I've known who has joined has not only paid the dues, but in a more serious way has been quick to rally around the important issues of affirmative action and basic fairness in city services. I want to do what I can to encourage an even greater membership for CAA.

"CAA turned people's minds around.

"In a few days, affirmative action is going to start with the negotiations in the Officers for Justice police lawsuit, in which this entity has played such an important role. We are on the verge of a settlement which will bring San Francisco into the twentieth century and which will provide an opportunity for the real kind of affirmative action you at CAA have scratched out for so long."

RESPONSIVE

"I have a feeling," said Moscone, "that the Board of Supervisors we have is going to be more responsive than any we've had in a long time."

Gordon Lau's election to the Board of Supervisors is a good sign of what lies ahead for the Chinese American community, Moscone said.

Fair Employment Practices Commissioner Betty Lim Guimaraes introduced the honored guest of the evening, Supervisor Gordon Lau. Lau is the first elected Chinese American to the Board of Supervisors and former Chairperson of the Board of Trustees of CAA.

The presentation to Lau of a bright "No Smoking" sign received enthusiastic applause from the audience.

HORSE

"I want to say that this New Year, the year of the horse, is going to be very significant for all of us in a different way," Lau joked. "It depends on whether you're looking at the north or south side of the horse."

Although progress has been made in securing rights for Chinese Americans, there is still work to be done, Lau said.

People in the community who work without recognition are as important to the cause of equal rights as those who hold government positions, he said.

"I truly believe in the goals of CAA," Lau said, "and I know that someday we will be treated as first-class citizens here in San Francisco."

CARE

Guest speaker Boas encouraged CAA support in two areas — establishing a bilingual voting system and providing good medical care for San Francisco citizens.

"CAA can play a very important part in seeing that all citizens, not just Chinese Americans, will have equal rights," Boas said.

According to Boas, inflation plagues every city across the country.

"The problem Mr. Lau and I both face is how to provide services to all people in the community without succumbing to the inflationary trend," he said.

The next speaker was Henry Der, Executive Director of CAA, who summarized the major achievements and trends of the organization. In 1978, through persistence, CAA has established a track record. CAA has made its impact felt on voting rights and civil rights with the U.S. Department of Justice under the Carter Administration.

The dinner, which included deviled eggs, pickled vegetables and stir-fried beef, was followed by a brief business meeting. An election was held for new members of the CAA Board of Trustees.

Those elected were Tom Chin, Sam Ching, Ray Fay, Richard Fung, Claudia Lee, Frieda Lee, Francene Lum, Larry Mock, James Sing and Joe Wong. □

Participants of the community forum on "Youth Needs" sponsored by the United Chinese Action last Saturday at the Chinese Culture Center include (l. to r.) Tom Lee, president of U.C.A., Sas Suan Jang, director of Youth Service Center, and Dr. Rolland C. Lowe, Chairman of the U.C.A. Board of Directors. (Nancy Wong photo)

Contraceptive from Chinese Herb a Possibility

HONG KONG — A research group in the Chinese University of Hong Kong is making good progress in studying the possibility of making contraceptive from Chinese herbs.

Headed by Prof. Chang Hsonmou of the Department of Chemistry, the research group verified that the herb *Yimuchao* (Leonurus sibiricus) has the effect of contracting the womb. The scientists also identified the ingredient in the herb which causes such effect.

This achievement announced in a recent report drew international attention. The World Health Organization has signed a two-year contract with the university and made an appropriation of $140,000 for further study of this herb. □

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CHINESE WORD-A-DAY

"MELON"

The word "melon" is a picture of a melon together with some melon vines. The ancient script for this word always included a round melon in it. It is the modern style of writing which squashed the melon into a hook and a dot. (Sorry, I can't think of any recipes for squashed melon.)

Melon seeds — dried, toasted, salted, or dyed—are just as popular in China as peanuts are in America. If you go to a banquet in a restaurant in China, chances are that the waiters will serve you melon seeds so you'll have something to do while waiting. (Waiting, by the way, is not part of the ritual in Chinese banquets. It has frustrated many Chinese minds and stomachs throughout the years. I am certain that the next generation will have the courage to start a banquet on time and send all the latecomers through the kitchen door to wash dishes. Hurrah!)

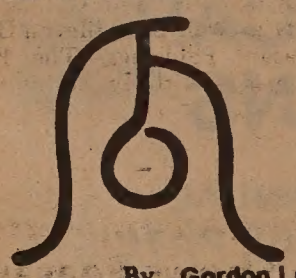
"Melon moon" is the seventh month in the lunar calendar. "Melon skin hat" is the small, round skullcap of the Chinese. Sometimes it is nicknamed a Chinese thinking cap, allegedly invented by bald-headed, thinking Chinese to cover up the spot. "South melon" is pumpkin. "West melon" is watermelon. "Wood melon" is papaya. "Yellow melon" is cucumber. "Melon divide" is a term used to describe the bigger countries swallowing up the smaller countries, not unlike the dividing up of a melon. (Excepting that melon-dividing is cleaner, of course.)

Cantonese GWAH — Mandarin GWA

The Chinese word "melon" vaguely resembles the numbers 2 and 8 in Chinese, so if you break the word up and multiply these two numbers, you'll have 16. For that reason the Chinese call sweet 16 "the year of the broken melon."

If a Chinese general were to deliver the Gettysburg Address, he would probably start out by saying:

"Four melons and . . ."



By Gordon Lew

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Oakland Museum, Chinese Community Plan Festival

OAKLAND — The Chinese community of Oakland and the East Bay, along with the Oakland Museum and the Parks & Recreation Department, will celebrate the Chinese New Year ("Year of the Horse") with an all-day festival on Saturday, February 11.

A number of Chinese community and artistic groups will participate in the event, which will be held at the Museum, 1000 Oak Street, starting at 11 a.m.

PARADE

The festival will be highlighted by the traditional Chinese New Year Childrens' Parade sponsored by the Oakland Parks & Recreation Department. The parade will start at 2 p.m. at Lincoln Square, wind through Oakland's Chinatown, pass the reviewing stand at the Chinese Community Center, and end at the Museum grounds, where the awards ceremony will take place at about 4 p.m.

Before and after the parade, various groups will perform at the Museum and will also sell food, display arts and crafts and provide information about themselves.

Among community groups scheduled to participate in the festival are the China Dancers of the Oakland Park & recreation Department, the Chinese Music Workshop, the Chinese Chamber Orchestra, the Dragon Singers, Enchanting Shadow Productions, the U.S.-China Peoples' Friendship Association, Sing Kwun Lion's Dance group, Asians of the Bay Area, the East Bay Asian Local Development Corp., Good Samaritan Senior Center, the Asian Community Library, the Oakland Unified School District Chinese Bilingual program, Asian Law Caucus, Chinese Cultural Education Association of West Contra Costa County, Asian American Bilingual Center, Oakland Chinese community Council, and Asian Community Mental Health Services. □

Jam Mew (center), a member of the Oakland Chinese Community Council, and Cecilia Lai (left), executive director of the Oakland Chinese Community Council, donate a Lion's Head to Leslie Yee of the Chinese New Year Festival Committee at the Oakland Museum. The Lion's Head and other artifacts of Mr. Mew's will be on display at the Museum during the all-day Chinese New Year Festival at the Oakland Museum Saturday, February 11.

The Y Singers Seek Members

SAN FRANCISCO — The Y Singers, a musical group interested in folk and art songs, are seeking new members. Founded in 1968, the group has given many performances in and outside of Chinatown. For information, call the Chinatown YWCA at 982-3922, or join the Y Singers in rehearsals on Saturdays from 11:30 a.m. to 1:30 p.m. □

Peking Issues Travelers' Checks

HONG KONG — The Bank of China here and a number of local banks are selling travellers' checks in *renminbi*, China's currency. The travellers' checks, in denominations of 50 and 100 yuens (approximately $29 and $58), are issued by Bank of China's headquarters in Peking. □

ADVERTISE IN EAST/WEST

New State Legislation on Tips

SACRAMENTO — Tips of $20 or more within a calendar month are taxable for disability insurance as well as for personal income tax withholding, effective January 1, 1978, according to the Department of Benefit Payments.

Banquet tips and tips that are under the control of the employer, or tips which are substantially all of the employee's salary, continue to be subject to disability insurance tax as well as unemployment insurance tax and personal income tax withholding.

Employees will be required to furnish a monthly written report declaring tips of $20 or more. The report must be made to the employer by the 10th days of the month after the tips were received.

The employer can deduct the one percent contribution from the employees wages or from funds provided by the employee.

For information on the new state legislation, employers may contact the nearest Department of Benefit Payments, Employments Tax District Office. □

CACL of Santa Clara County New Year Fete

SUNNYVALE, CA. — The Chinese American Citizens League of Santa Clara County will hold a Chinese New Year Celebration Dinner/Dance Saturday, February 4, at the Officers Club of NAS Moffett Field. An after-dinner program will feature Miss Chinatown USA candidate Diana Gong, harpist Mrs. Lily Chin and Sherrie Gong, Miss Teenage San Jose 1977.

Incoming officers of the CACL include president Ernest Wong, v.p. Leland Chan, secretary Bill Mar, treasurer Christopher Chin. They will be installed at the February 4 gathering.

Leratones, a 20-member orchestra, will provide music for the dance. For information and reservations, call Tom Hong (408) 867-1868 or Paul Char (408) 253-3132. □

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Richard Lim Pleads Guilty in Extort Case

SAN FRANCISCO — Richard Lim, 18, whom police identified as a member of the Wah Ching gang, pleaded guilty last week to a charge of extorting $60 and a jade ring from the manager of a Chinatown savings and loan office. Superior Court Judge Joseph Karesh set February 23 for sentencing.

District Attorney Joseph Freitas said this was the first major Chinatown extortion conviction in recent years. It would not have been possible without the cooperation of the victim, William P. Siao, he said.

Siao, manager of the Fidelity Savings and Loan Association at 845 Grant Avenue, told police that Lim and a 17-year-old youth threatened him on November 8 last year and forced him to hand over the $60 and his ring, which he valued at $2,000.

The two young men threatened to kill him and his family if he reported the incident, police said.

Lim's young companion has been convicted and sentenced in juvenile court. □

Prenatal Class in Chinatown

SAN FRANCISCO — Prenatal classes in Cantonese for mothers-to-be will be offered at Health Center #4, 1490 Mason Street, Wednesdays, February 1, 8, 15, from 1 to 3 p.m. Two evening classes will be held February 15 and 22, from 6 to 8 p.m. Classes are free. Fathers are welcome to join the classes. For information, call 558-3158. □

SEND EAST/WEST TO A FRIEND

Chinese Historical Society Marks 15th Anniversary

SAN FRANCISCO — Over 200 persons attended the 15th anniversary banquet of the Chinese Historical Society on January 21 at the Empress of China Restaurant. The main speaker was Cecil W. Fullilove, the retired district director of immigration for the San Francisco area.

Fullilove spoke about the rough interrogation system on Angel Island and the "confession program" under his administration in San Francisco. The former district director said that his office handled over 22,000 confession cases.

The banquet also marked the installation of club officers: Anna Wong, president; Daniel Chu, 1st vice president; Him Mark Lai, 2nd vice president; Jeanette Kim, treasurer; Ernest Chann, secretary; Shirley Lee Poo, financial secretary; Thomas W. Chinn, editor of the society's *Bulletin*.

TRUISM

Outgoing president Him Mark Lai told the group that "it is a truism that an organization cannot continue to grow resting on past achievements, for to do so would invite complacency, stagnation, decline and finally extinction.

"Thus the development of programs is a must for continued growth and vitality," he said. "Now that we have a full-time project director and with the momentum of increased activities of 1977, I suggest now may be an opportune time for some of us to sit together to explore the questions concerning the general direction of the society for the next three to five years. What should our primary objective be? How shall we achieve our goals?

"Another problem is how to attract more people into our society, particularly younger ones," Lai told the gathering. "For young people are energetic and have many fresh ideas."

GRANT

The society recently received a $26,000 grant from the National Endowment for the Humanities for a travelling display of Chinese American history and for the hiring of a project director, Don Wong. Writers and researchers have been regularly reading papers at the society's monthly meetings and there is a proposal to make an historical survey of Chinatown buildings, according to Lai.

During the dinner, one of the founders of the historical society, H.K. Wong, on behalf of Postmaster Lim P. Lee, presented the society with the original galvanized sheet-metal sign that hung over the door of the first Chinatown U.S. post office at Clay and Brannan Streets. Wong also relayed a scroll, a gift from the Chinese Chamber of Commerce which read—"in commemoration of the grand opening of the U.S. sub station in Chinatown." The scroll was dated April 17, 1930.

A fashion show, featuring authentic costumes of the various Chinese dynasties rounded out the program. Production of the fashion show and the musical accompaniment was provided by Vyolet L. Chu. □

OCA Hosts Chinese Cultural Festival in Union City

UNION CITY — A Chinese Cultural Festival will be held this Saturday at Southern Alameda County Buddhist Church from 12 noon on.

Sponsored by the local chapter of Organization of Chinese Americans (OCA), the festival will begin with a fashion show/luncheon at noon. An exhibition of calligraphy and paintings, together with cooking and noodle-making demonstration, begin at 2 p.m. A table tennis tournament finals will be held at 3 p.m. A Chinese dinner at 5:30 p.m., a variety show at 7, and a dance at 8:30 p.m.

The church is located at 32975 Alvarado-Niles Road, Union City. For information, call OCA at (415) 794-6956. □

Asian American Family Confab in Palo Alto

By GARY TOM

PALO ALTO — A conference on the Asian American Family was held at the YWCA in Palo Alto last Saturday.

Workshops included "Asian American Parenting in Suburbia," "Professionalism and the Model Minority," and "Stereotypes and Schools." The event was sponsored by the Asian Americans for Community Involvement and other local groups.

Keynote speaker Phillip Choy, an instructor at San Francisco State University and architect by profession, gave a slide presentation on Asian American history.

"It distresses me that the discrimination we had suffered in the past as children still exists for our own children today," Choy said. "This demonstrates how little progress we have made in American society."

"Moreover, we cannot confront racism by merely pointing to our historical and cultural contributions. We must deal with racism for what it is."

There was also a poetry reading by Nellie Wong and displays of books, photos, curriculum, and art. □

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Community Plans Spring Festival

SAN FRANCISCO — The Chinese New Year is by far the most important festival on the Chinese calendar. It is celebrated by people all over China and Chinese Americans as the coming of spring, symbolizing new life and vitality.

The Fourth Annual Chinese Spring Festival on Saturday and Sunday, February 11 and 12 will highlight this year's Chinese New Year festivities in Chinatown. The two-day event will be held at the Chinese Culture Center from 10 a.m. to 10 p.m.

The Festival is presented by the Chinese Spring Festival Committee, a coalition of groups and individuals in the Chinese American community.

Along with the specialty booths, which feature New Year delicacies and other decorative items traditionally displayed to celebrate spring, exhibits showing life in China today and a brush calligraphy demonstration will also be presented.

In addition to performing arts, there will be continuous showings of films on Chinese Wu Shu, or Martial Arts, and Chinese acrobats as well as a film on Huhsien Peasant Paintings. The Festival coincides with the exhibition of the Peasant Paintings taking place also at the Culture Center. □

Friendship Group Shows Peasant Painting Film

SAN FRANCISCO — The U.S.-China Peoples Friendship Association will show the film, "Peasant Paintings from Huhsien County of the People's Republic of China," on Saturday, February 4, at 8 p.m. at Commodore Stockton School Auditorium, 950 Clay Street. Admission is free.

The paintings will be on exhibit at the Chinese Culture Center beginning February 8. □

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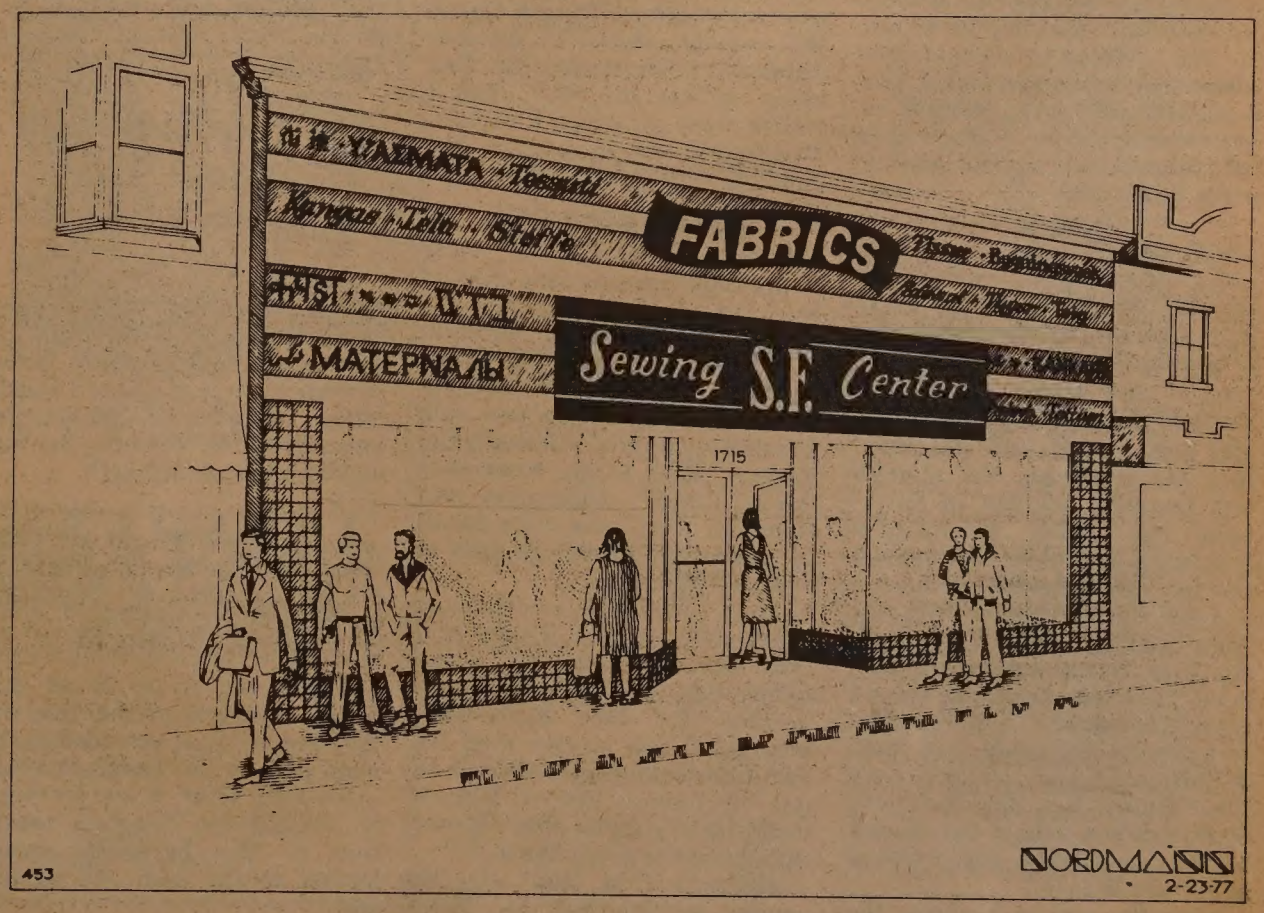


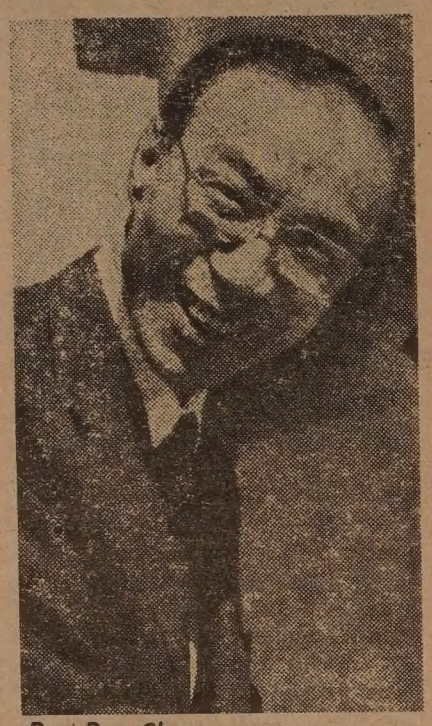
POWER IN THE RAW— HK'S RUN RUN SHAW

By RICHARD SPRINGER

No one in the U.S. film industry wields power in the domestic market comparable to that of Run Run Shaw in Hong Kong and the Chinese-speaking areas of Southeast Asia.

Until recently, Run Run Shaw completely dominated the production and distribution of Chinese films for the "local" market, including Taiwan, Malaysia, Singapore, Thailand, Indonesia, the Philippines and Hong Kong-Macao. His power extended to the "overseas" market, the many Chinatowns throughout the world.

Only the Hui brothers, with their giant hit, "The Private Eyes" which grossed $1.7 million in just one month in Hong Kong, made a dent in the armor of Run Run Shaw. "The Private Eyes," a quality comedy, is a product of the Golden Harvest production company, a company formed seven years ago and made famous by the late Bruce Lee. Golden Harvest gained international recognition through the highly-profitable kung fu epics starring Lee.



Run Run Shaw

GOLD

Producing films for a captive audience has proved a gold mine for Run Run Shaw. The budget can be as low as the quality. According to a January 8 article in the *Los Angeles Times*, Run Run Shaw makes about 40 out of the 70 feature films made in Hong Kong each year, and his films gross hundreds of millions of dollars. "It is estimated that some 250,000 people see a Shaw Brothers film every day," says the *Times* writer Jack Birns.

"Run Run starts a new film on the average of one every nine days the whole year through and has had as many as 12 films in production at one time," states Birns. "Each of the 40 scripts must be approved by him personally, 'otherwise the money won't come,' he says simply."

"These films, budgeted for around $300,000, had maximum budgets of $180,000 only four years ago. Some six or eight annually 'are suitable for export,' says Run Run, meaning for export to the Western communities where they will return anywhere from $100,000 to $2,000,000, a considerable tureen of gravy atop Shaw's usual local market profit," writes Birns.

DYER

One of four brothers and two sisters born to a dyer of textiles, the 71-year-old Run Run Shaw started his film career in Shanghai in 1927 as a projectionist with the Tien-Yi Motion Pictures Studio. Of the brothers, only Run Run and Run Me, 77, are still alive. Run Me supervises the family's vast financial holdings in Singapore, to which the family gravitated in the late 1920's when that city was under British rule.

Even before World War II, the Shaw family was wealthy, according to the *Times*, "having accumulated 110 theaters during the 14 years between 1927 and 1941 and completed a film studio just north of Singapore. They couldn't bury the theaters, but they did bury their cash in a hole in the ground behind their home and sweated out World War II."

After the war in Malaya, the Shaw brothers began the pattern that was to establish their domination of the Asian film world. They made cartel alliances with other cinema owners for the movies cranked out of their Malayan headquarters. As the 50's saw a number of communist terrorist campaigns in the Malayan peninsula, the Shaw brothers moved their operation to Hong Kong.

BARGAIN

"In 1959 they bought 46 acres in Clearwater Bay, a quiet beautiful spot in northern Kowloon, not too far from the border with Red China," says Birns. "As the previous owner thought Mao Tse-tung was about to come charging over the border at any time to make the colony his own, the price was a bargain."

Movies are only one part of the Shaw empire, which includes shopping centers, amusement parks, office buildings, the studio complex, theaters and who knows what else. Run Run Shaw told Birns that his fortune runs into the "hundreds of millions of dollars." When asked whether this meant Hong Kong or U.S. dollars, "Run Run's smile widened again and the soft answer came, 'Hong Kong or U.S., what does it matter?' Apparently when one has that many dollars it really doesn't matter, since, chuckled Run Run, 'that is sufficient to maintain the family for several generations to come.'"

DISTRIBUTION

Run Me Shaw, the elder conservative brother who likes to bet the horses, handles the distribution of Shaw brothers films. This task is simplified by the fact that the Shaws own outright 160 theaters, including one each in San Francisco (Great Star), Los Angeles (Kim Sing), New York (Music Palace), Vancouver and Honolulu, and have their hands on controlling the distribution to some 600 others.

One Bangkok exhibitor commented to the *Times* that "Run Run will often buy a hot foreign film for distribution in his theaters and then deliberately keep it off the market until his own films have played first. If he put the foreign film in first, it might be so popular that his own films wouldn't get a chance."

Although Run Run sells his movies for showing on Hong Kong television, he dismisses television as a rival to his empire. "The TV screen is too small to compete with the theater," he says. Films for TV are out, unless "I can make a series for foreign TV which has Hong Kong as its locale." Shaw sees no need to coproduce films with other countries since his product is assured wide distribution even before it is scripted. However, Run Run recently contracted with an American film company to produce a $12 million version of James Clavell's *Tai Pan*. He bought the property from MGM and plans to construct a block of flats (apartment houses) to accommodate the huge crew and cast needed for the production.

SYNC

Sync sound is small stuff for Run Run. All Shaw brothers films are shot "wild" and then dubbed into at least four languages: English, French, German, and Italian, and as many Chinese dialects as are necessary (Mandarin, Cantonese, Hakka) to cover the overseas Chinese market.

The Shaw studio is a "self-contained complex of 10 sound stages, a film-processing laboratory, a music-scoring building with composers and musicians in residence preparing original music, an editing center, a sound transfer and recording studio and a warehousing and shipping center for the finished films."

Shaw employs over 1,500 people and maintains four blocks of flats to house his key employees and foreign actors. He maintains a riding stable and sells his nag losers to the film studio for the horse operas.

Run Run is training his son and nephew to carry on the family tradition. "My son is working under my brother in Singapore and his son is studying under me in Hong Kong. That way both boys can learn both ends of the business."

FLOCKING

Hong Kong filmgoers have been flocking into the theaters to see sex films recently, following a change of emphasis by the film censors. The film censors allowed bare-breasted women on screen, and immediately producers stripped their actresses down to just below the belly button. Still the censors held the line, forbidding the graphic sex portrayed in American imports.

Run Run, who is known for his many actress friends, gets around the censors by making three versions of the same film. "We make three versions. A 'hot one' where we go the limit, for audiences in Japan, Europe and the U.S.; a 'warm' one for Hong Kong; and then a cold version for Singapore and Taiwan. Sex is a little like Chinese food," says Run Run. "Get a taste and you want more."

Still some Hong Kong producers are determined not to cave in to inferior quality films and sex movies. Louis Sit, a Golden Harvest producer says that "most of the directors in Hong Kong are not qualified" to make a good sex film. "It needs a lot of planning and an artistic touch." Sit believes there is room in Hong Kong for the good adventure story and the modern comedies. Golden Harvest's "The Amsterdam Kill," due this year, features Robert Mitchum and was filmed in Hong Kong, London and Amsterdam.

But the influence and power of Run Run Shaw remain relatively unchallenged in Asia. It's a shame that a man who is as powerful and resourceful as Shaw, cannot produce better films for the overseas market. □

The Yangtze, Third Longest River in the World

HONG KONG — Chinese surveyors have added another 500 km (300 miles) to the Yangtze River, pushing it up in the world league tables ahead of Mississippi-Missouri and behind only the Nile and the Amazon in length.

A report issued by Hsinhua News Agency said the length of the Yangtze was 6,300 km (about 3,900 miles) compared to 5,800 km as previously indicated.

The recent survey found that the main source of the Yangtze, the Tuotuo River, extended to the main peak in the Tangkula range in northern Tibet. It was previously thought the Yangtze's source rose in the Payenkala range farther to the east, the agency said. □

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MUNI

Health Planning Agency Seeks Volunteers

SAN FRANCISCO — Grassroots health planning will be here soon!

West Bay Health Systems Agency anticipates being certified to conduct certificate of need review hearings on February 15. The agency coordinates the planning and review of health services in San Francisco, Marin and San Mateo counties. Its review panels will review proposals for major changes in medical services and determine if the community needs these services.

The agency seeks volunteers from the community to serve on the review panels. Persons interested in serving and who will advocate for employment opportunities, bilingual services, and more preventive care and health education services for Chinatown and Chinese Americans should participate in one of the following orientation meetings:

Saturday, February 4 (8:30-12 noon).

Monday, February 6 (7:30-10 p.m.).

Thursday, February 16 (7:30-10 p.m.).

For information, call Pattie Fong at CAA, 398-8212. □

Banned Books Return to Library Shelves

HONG KONG — A large number of Chinese and foreign books once banned by the Gang of Four have now been put back on the shelves at Peking Library, reported Hsinhua News Agency.

All the books in the science and technology section are now available to the public. Interested readers may pick up any of the 3,000 periodicals from the open shelves in one of China's largest and oldest library.

CLASSICS

Works of Chinese literature released from the ban include classics and books by the modern writers Kuo Mojo, Mao Tun, Tsao Yu, Lao Sheh, Pa Chin, Hsia Yen and Chao Shu-li.

Among the foreign works are masterpieces of Balzac, Flaubert, Romain Rolland, Hugo, Pushkin, Tolstoi, Dickens, Shakespeare, Hardy, Goethe, Heine, Mark Twain, Jack London, Ibsen, Cervantes, Dante, Tagore, Soseki Natsume and Takiji Kobayashi.

Collected and selected works of Shakespeare and Dickens were recently published by publishing houses in Peking and Shanghai. □

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Ronald Low Appointed Director to CACY

SACRAMENTO — Lieutenant Governor Mervyn M. Dymally announced January 27 the appointment of Ronald Low, 26, as Executive Director to the statewide California Advisory Commission on Youth (CACY).

Low previously worked as an intern in the Lieutenant Governor's office and played a significant role with the coordination of the Council on Intergroup Relations. He received his A.B. in Criminology from U.C. Berkeley and his Masters in Social Work from California State University, Sacramento. Low comes to his assignment with an extensive background in youth and community affairs. He has worked with the East Bay Chinese Youth Council, Inc., Oakland Manpower Agency, California Youth Authority — serving as Director of the Group Home Project, and more recently with the Asian American Drug Abuse Program, Inc. in Los Angeles.

In his capacity, Low will be coordinating the activities of the CACY, a state government advisory body composed of California young people. The California Advisory Commission on Youth was reinstituted by Executive Order in October by acting Governor Dymally whose office is responsible for the Commission.

The CACY is made up of 21 California young people who will serve as an advisory body on youth affairs to the California State Legislature and Executive Branch. The Commission will conduct forums on youth employment and is responsible for conducting studies on youth problems and concerns. □

Mental Health Task Force Makes Recommendations

SAN FRANCISCO — The Chinese Bilingual Mental Health Task Force has charged that the City and County of San Francisco cannot serve its non-English-speaking residents in a report recently submitted to Dr William Goldman, acting director of the city's Community Mental Health Services.

The report said that out of the $48 million mental health service budget for the city, only one per cent is spent on services for Chinese residents. It also revealed that only 60 of the 1,873 mental health workers in the city are bilingual Chinese.

The Task Force recommendations include:

- Continued funding of the Chinatown/North Beach Mental Health Clinics.
- Provide 24-hour bilingual emergency mental health services and a 24-hour information and referral phone line.
- Provide inpatient mental health services for Chinese Americans within the city, thus removing them from monolingual state hospital facilities.
- Provide clinical services for children and youth.
- Creation of a bureau for special Chinese services.
- Creation of a review process of mental health service subcontractors to assure that communities with Chinese residents are served.

The Task Force was formed in March 1977 at the request of Chinese for Affirmative Action and with the support of Dr Goldman.

DEEM SUM

Year of the Horse and Other Items

Time flies. Lunar New Year is around the corner (next Tuesday, to be exact).

What will the Year of the Horse bring us?

To the Chinese, a horse signifies hard-work, strength, endurance and dedication. So, if you believe in fortune-telling a little, the horse year will bring you more work and still more work. Well, all work and no play makes a pretty dumb boy.

Forget the Chinese fortune-teller. Let's go to the American fortune-teller who would undoubtedly predict that this will be the year to horse around.

So much for horse fertilizer.

* * *

To prepare for the New Year, house cleaning will be a major item.

So is personal cleanliness. Grandmother would make sure that everybody take a bath and a haircut before the New Year. Of course, shampooing for the ladies is a must.

That reminds us of a recent news story from Ipoh, Malaysia, where a pet monkey wanted to remain dirty.

Mohammed Aris Kassim, 53, insisted that his pet monkey take a bath every day. Last week, when he took the monkey to a nearby pool, as usual for the constitutional swim, the monkey became angry. When his master forced him to jump into the pool, he leapt back on the master's shoulder and bit him in three places.

Mohamed Aris dragged the monkey back to his home but collapsed halfway and died.

(It seems that there is a message in there somewhere.)

* * *

Two Kung-fu masters in northern Sumatra, Indonesia, fought a jungle battle with a big male tiger last week. They were attacked by the tiger while harvesting resin and rattan in the jungle.

A friend of the two later found their badly clawed bodies by the side of the tiger. Villagers insisted that the two killed the tiger with kung-fu before dying from severe bleeding.

(Never engage in a kung-fu match without a referee. Tsk, tsk. . .)

* * *

Here's a news item from Wellington, New Zealand: The 70 German shepherd dogs in the police force are being issued black rubber boots — two pairs per dog.

The boots will be worn to protect the dogs on occasions, such as pub brawls, when their feet could be injured by broken glass.

(You know what the folks in China would say. "Those New Zealanders sure don't believe in bare-foot shepherd dogs!")

* * *

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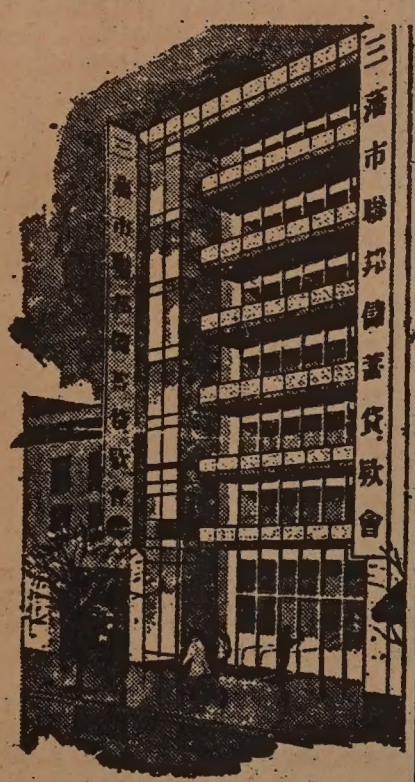

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'Chinatown Run' All Set to Go This Sunday

Tony Lee, Steve Owyang and Keith Choy (l. to r.) prepare for the Chinatown Run '78 sponsored by the Chinatown YMCA to be held Sunday, February 5.

SAN FRANCISCO—The Chinatown Run, with a history dating back to the 1920s will make its comeback in the Chinese community this Sunday, February 5.

Sponsored once again by the Chinese YMCA, participants will have a choice of entering either the three-mile run or the six-mile double loop race.

Eight prizes will be awarded in both the male and female categories and participants will be divided according to age groupings.

The entry fee for the race is $3 before February 2 and $3.50 thereafter. Latecomers will be able to sign up from 7:30 to 8:45 am on race day at the starting point. For information and entry forms contact Kurt Chun at 982-4412.

HISTORY

Originally called the Chinatown Marathon, the first run in 1921 was won by Lee Chong. The race ran annually to 1925 and intermittently thereafter.

After 1925, when the Chinese YMCA moved from its old site on Stockton Street which the Kuomintang now occupies to its present location on Sacramento Street, the race was discontinued.

Though it made a brief comeback in 1936 as part of the Chinese YMCA's 25th anniversary celebration, it was not till 1940 when the Chinatown Marathon commenced on an annual basis.

Interrupted again after the 1943 race, this time by the war, the Chinatown Marathon took place for a final three consecutive years beginning in 1947.

George Ow, who won the final three races, still possesses today a "perpetual trophy" engraved with names of winners of each marathon during the 1940s. Others today also have fond memories of the Chinatown Marathon.

"It was a community event. Chinese from outside San Francisco also came to participate," said Henry Tom, who won the race in 1924.

"There used to be a lot more athletic competition between different groups in Chinatown back then," said Tom.

'BIG'

Fred Dong recalls how the police had to hold back the crowds from the finish line and how the youths in the Chinese YMCA club program tried to predict who would win each race. It was a "big" race, he said.

Chinatown Run 1978 will begin on Bush and Grant Streets with the starting gun going off at 9 am, February 5.

The runners will make their way up Grant, make a left on Broadway and a right on Powell. Then they will run all the way around to the Embarcadero and down Battery and finally up the final stretch on Sacramento.

The finish line will be in front of the Chinese YMCA on Sacramento and Waverly.

Kurt Chun, physical education director at the Chinese YMCA is encouraging all to either participate or watch this event. □

Mori Introduces Bill to Continue Refugee Program

SACRAMENTO—Assemblyman S. Floyd Mori (D-Pleasanton) last week introduced legislation that would enable the Department of Health to continue its Indochinese Refugee Assistance Program (IRAP). The program provides English language training, vocational skills, job placement and social services.

Assemblyman Mori said, "This measure is necessary because the federal appropriation for IRAP has been tied up with a controversial issue and has yet to be enacted by Congress.

EFFECTS

"The effects of this interruption in funding have closed the doors of many small community organizations trying to reduce unemployment and dependence on public assistance among the refugees."

"Some officials have stated that California is the home of 50,000 to 80,000 refugees."

Mori added, "I don't believe that the members of Congress realize the impact in the delay of this appropriation. We should not overlook this problem as just a federal concern.

"This bill provides that the money used by the State shall be repaid when federal appropriations are made available to the Department of Health." □

Chinatown Marathon in the Old Days

By SHERMAN FONG

The year that I ran, in the late 1940s, very few people signed up in the beginning. It was embarrassing not having any entries from the Chinese YMCA, since it was the organization that sponsored the marathon. Two weeks before the race, Henry Tom and Al Fong of the Y encouraged some of the active clubs to enter. Our club, the Tigers, had the biggest turnout — and none of us had ever run a marathon before.

A few days before the race, we had a dry run of the route, jogging most of the way. The route started on Grant Avenue and Clay Street going north, then it turned up Pacific to Stockton Street. A right turn on Broadway took us to Columbus, then to Montgomery. This continued to Bush—we made a right turn here and proceeded to Grant Avenue. Finally up Grant (the last hill) and finished at the corner of Grant and Clay.

We were all concerned about the team from St. Mary's — we heard that Robert Soo Hoo was running — he was supposed to be a good runner.

NERVOUS

Most of us were a little nervous before the race. We put on blue YMCA jerseys, pinned numbers on our backs, and walked down to Washington and Clay Streets amidst a crowd of curiosity-seekers, friends, and tourists. Most of us kept fidgeting with our jerseys, tightening our shoestrings, and making sure our flies were zipped.

With the starting gun, we all (about 30) went off, following the motorcycle cop. Most of us were running with medium speed to save our energy for the last hill.

After the first hill (Pacific), the group began to string itself out. By the time we reached Montgomery, the good runners were way ahead. Our rival, Robert Soo Hoo, must have moved too fast — he had a cramp and had to quit the race.

I don't think I ever looked back once. I kept thinking: "Sure glad when this is over. Twenty years from now I'll be laughing at this."

NOISY

On the YMCA team, Ping Yee was one of the few who had experience in long distance running. He didn't look too much like a runner. He had very noisy footsteps, like he had fallen arches. Maybe he was wearing oversized tennis shoes that made flopping noises. But Ping was a very good pacer and he came in third.

A runner from Oakland came in first. Most of us considered him a "professional," so it didn't really bother us to be beaten by an outsider.

Richard Lee, the other runner from St. Mary's, was the biggest surprise of all. He was a heavy smoker, but he came in second. We could never figure out where he got his wind. After that, I think the Y kids took the YMCA motto less seriously — the one about clean spirit, mind and body. Some of the kids started smoking.

CROWD

I came in sixth.

I saved most of my strength so I could run up Grant Avenue from Bush Street. After I got up to the top of the hill, there were still three blocks to go. The crowd was getting thicker near the finish line. I couldn't see any runner in front of me — he must have been at least two blocks ahead. The guy behind was about a block and a half away.

It was a strange feeling running alone on Grant Avenue. It just didn't seem right to jog leisurely into the finish line, with all these people staring at you. I decided to give it all I had, which was a big mistake — because, after I finished, my legs felt like they turned into rubber, and painful arches were setting in. I couldn't sit, I couldn't lie down — just felt like dying.

If I had to do it all over again, I'd walk up the last hill and jog in leisurely to the finish line. □

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Fireman Roland Lee Enthuses in Challenging Work

By JOHN C. YANG

SAN FRANCISCO — Roland Lee, the San Francisco fireman who received widespread recognition last summer for having saved a cat through mouth-to-mouth resuscitation, loves his job despite the fact that many people consider it "non-traditional" for a Chinese American.

"I really get off on the job," he says, "you're a good guy in the eyes of the public. You go down the streets and people and kids are waving at you."

REWARDING

"I think a fireman's job is very rewarding. For me, there's challenge and there's always responsibility — and the main thing is excitement. There's always excitement. Every job is different, while some things remain the same. And there is risk, and a certain amount of fear.

"I wouldn't give up this job for anything. Not right now at least — maybe in the future."

There was a time, however, when the future was less clear for Lee. He recalls:

"My father had shown disapproval when I first told him I wanted to become a fireman. You're not going to make it, he used to tell me."

MARKED

The senior Lee had found it difficult to accept the notion that Asian Americans could become firemen. His own life, like many of his peers, was marked by job discrimination and racial stereotypes.

"A fireman," Lee explains, "was someone who was six foot six — a great big strong man. . . Many people today still think of firemen in this way."

But, since Lee has been on the job — almost four years now — he feels that he has shattered some of those stereotypes. "I'm not six foot six, but I find I can do the job."

Lee believes that stereotypes which discriminate against Asian Americans will gradually disappear as more of them enter the fire department. When asked why so few Asian Americans were firemen, Lee answered:

BARRED

"In the past, height restrictions and culturally biased written and oral exams probably barred many Asian Americans from being admitted to the fire department. They constituted barriers to entry and helped to perpetuate existing stereotypes of what Asian Americans could or could not do.

"Things, however, are slowly changing," he adds. Lee cites liberally from his own experiences:

"I took the [entrance] test in 1971, but didn't get the job until 1974. The hiring process was held up because a case pertaining to discrimination in the fire department was being contested in court. The court ruling, finally, was that while the test was not intended to be discriminatory, it was discriminatory in effect, as far as statistical purposes were concerned. I think they said the number of ethnic minorities in the fire department did not reflect the population distribution pattern in the community at large. As a result, eligibility requirements were changed: height restrictions were lowered from five-seven to five-six—an inch lower — and written exams were revised."

JOB-RELATED

"Recently, height requirements per se have been thrown out altogether, but you have to be able to pull the fire escape ladder from the hook and ladder truck. So you have to be at least five six or so to do that — it's a job-related skill."

Lee likes to stress the importance of such job-related skills and warns against carrying the "discrimination" argument too far.

"Physical tests," he explains, "are very job-related. They are not discriminatory.

"On the job you need strength, stamina, coordination. The physical tests are designed to measure those requirements. There are nine to twelve phases of the exam which include the simulation lifting of fifty-foot ladders, simulated ceiling hook drills, etcetera. You have to lift and pull a certain amount of weight."

ADEPT

"Also, you have to be mechanically adept. It's a mechanical as well as a physical job if you have to get someone out of a wrecked car during an accident.

"The training period for a fireman is about a year. You go to fire college for two months, then you're assigned to an engine company for about four and a half months doing various tasks, like being a pump operator and working on the engine and truck. So you have to be tenacious as well as flexible.

"But ninety-nine per cent of the job is really getting along with everybody. If you can't get along then you're really going to find it difficult because you're with the person twenty-four hours of the day. It's like a family."

The family which Lee speaks of is called "house" by firemen — there are altogether forty-four "houses" or "stations" in San Francisco.

Lee is with Station Four, located on Pacific Street — between Polk and Van Ness.

PERSONALITY

Firemen are customarily detailed to different houses all over the city. Each house has its own personality and work is different in different parts of the city. Some are residential; others include high rises. Firemen generally choose a house according to their personal interests, but they have to have enough seniority to make a certain house.

"The probation period — when firemen float from house to house is approximately one year," Lee continues.

"Every one takes turns cooking and probably the biggest part of the day is meal time because you're all together eating like a family. There's a lot of conversation about departments and about people. If you have a good reputation you're going to be known, people will say this is a good guy. If you have a bad reputation, that's just too bad — it's tough to get rid of something like that."

HUMOR

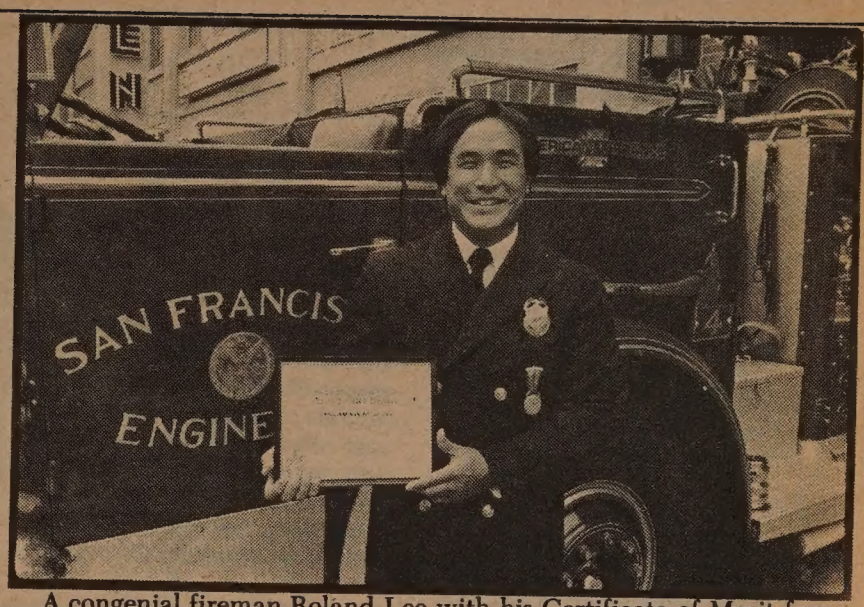
Lee admits that sociability or the ability to get along with people is culturally defined — "but then again it's a job-related skill. It's not something that you can legislate — getting along with people. Differences are always there. You have to be sensitive to others, and you have to have a sense of humor about what you can do and about what you can't.

"It's like the meals you put out. Everyone takes turns cooking, but like everything else, some people do a better job than others. Some people cook well and others don't do well at all. Tastes differ, too. But some people will always complain about what they're getting when you cook. The classic joke is the one where the cook gets up, walks around the room, scrapes everybody's food onto his own plate and then dumps everything into the garbage can.

"The point is you just can't please everyone, but you do your best."

Lee's optimism is characteristic of those who like themselves and what they do.

It is sometimes said that firemen are some of the nicest people in the world. Roland Lee fits that stereotype — easily. □



A congenial fireman Roland Lee with his Certificate of Merit from the San Francisco Society for the Prevention of Cruelty to Animals. (Gregory Owyang photo)

PUBLIC NOTICE

Notice is hereby given that the Alameda-Contra Costa HSA will hold the following public meeting under the provisions of Section 438.5 of the Health and Safety Code (as amended by Chapter 854, Statutes of 1976) to consider an application for Certificate of Need submitted by:

Peralta Hospital
450 - 30th Street
Oakland, CA 94609

Application no. 77-562

The project proposes to expand Peralta Hospital's existing Radiation Therapy service including acquisition and installation of a 20 Mev Linear Accelerator, examination rooms, clerical and technical support work areas, and modernization of the Department's existing facilities. The estimated cost of the project is $1,229,939.

Date and Time of Hearing: February 14, 1978
7:30 p.m.
California Department of Health
2151 Berkeley Way
Berkeley, CA

Members of the public are invited to attend. Any person residing in either Alameda or Contra Costa counties or in contiguous areas who wishes to speak either in favor of or in opposition to this proposal may present statements in writing prior to the public meeting of the review panel or orally at the time of the scheduled meeting of the review panel.

An orientation meeting of the review panel has been scheduled as follows:

Date: February 7, 1978
Time/Place: 7:30 p.m. Peralta Hospital, Assembly Hall
450 - 30th Street, Oakland, CA
Public comments will not be solicited at this orientation meeting

The Governing Body of the Alameda-Contra Costa HSA will consider the application as follows:

Date: March 9, 1978
Time/Place: Kaiser Hospital
280 W. MacArthur Blvd.
Oakland, CA 7:30 p.m.

New evidence or testimony will not be accepted at the Governing Body meeting.

SAN FRANCISCO — A "continuing education" course for social workers from Chinatown agencies climaxed at a San Francisco City College Certification ceremony at the Cameron House here Tuesday, January 24.

The program covers social work methods, values, sociological and psychological studies.

Speakers at the ceremony were Dr. Kenneth Washington, President of the College, John Yehall Chin, member of the Community College Board of Governors, and Donna Yee of the On Lok Senior Services. Jennifer Wong from the Chinatown Resource Development Center was mistress of ceremonies.

Four students successfully completed the requirements. They are happily filmed here with their instructors and mentors (l. to r.) Donna Yee of On Lok Senior Services, Christopher So, Dan Mak, Meek, Linda Young, Hoang Dinh The, and instructor Diane Ming Chan ACSW. (Ken Mar photo) □

NOTICE

REQUEST FOR QUALIFICATIONS FOR CONSULTANT SERVICES FOR THE NORTHEASTERN WATERFRONT SURVEY

The Department of City Planning, the San Francisco Redevelopment Agency, and the Port of San Francisco give notice of their intention to engage a consultant team to provide professional services related to urban design, transportation, and development economics regarding the Northeastern Waterfront Survey Area. The "Request for Qualifications" is available from the Northeastern Waterfront Survey Office, Room 1000, Ferry Building or by calling 391-8000, Ext. 201

January 27, 1978

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EVENTS

THUR., FEB. 2, 11 a.m.-12 noon
SF Mime Troupe performs The Hotel Universe at City College, SF.

THUR., FEB. 2, 4 p.m.
Films for children, Mission Library, 3359-24th St., SF.

SAT., FEB. 4, 11 a.m.-11 p.m.
Annual Chinese New Year Cultural Festival, sponsored by Organization of Chinese Americans at Southern Alameda Buddhist Church, 32975 Alvarado-Niles Rd., Union City. (415) 794-6956.

SAT., FEB. 4, 1-5 p.m.
Asian Law Day at USC Law Center, LA. (213) 741-6498.

SAT., FEB. 4, 1 p.m.
Free Chinese chess workshop with master Yu Louie, Chinatown Library, SF.

SAT., FEB. 4, 6 p.m.
Dinner/dance, CACL Chinese New Year celebration, Officers Club, NAS Moffett Field, San Jose. (408) 867-1868 Tom Hong.

SAT., FEB. 4, 7 p.m.
Dinner/dance, Chinatown Salesmen & Businessmen's Assn, Empress of China, SF.

SAT., FEB. 4, 7:30 p.m.
Year of the Horse Dinner/dance sponsored by Chinatown YWCA at Miyako Hotel, SF. Cocktail at 6:30, dinner at 7:30, dance at 9. (dinner/dance $15 person; dance $7.50 couple, resv. 982-3922)

SAT., FEB. 4, 8 p.m.
Film: Peasant Paintings of Huhsien, Commodore Stockton School Audit., 950 Clay, SF. Free.

SUN., FEB. 5, 9 a.m.
Chinatown Run'78, sponsored by YMCA, enroll by Feb. 2, Kurt Chun, 855 Sacramento St., SF. (415) 982-4412.

MON., FEB. 6, 7:30 p.m.
Slide show: Northern Cal Coast by Charles Fitch, West Audit of Oakland Library, 125 14th St., Oakland, Free.

TUE., FEB. 7
Lunar New Year (The Year of the Horse 4676)

TUES., FEB. 7, 4 p.m.
Chinese New Year film program for children: "Sui Mei Wong: Who Shall I be?" etc., Bernal Branch Library, 500 Cortland, SF.

TUE., FEB. 7, 7:30 p.m.
Seaside New Year Program at San Diego S & L Ass'n., Seaside (408) 394-2965.

WED., FEB. 8 to March 31
Peasant Paintings from Huhsien, an exhibit at Chinese Culture Ctr., SF.

WED., FEB. 8, 7:30 p.m.
Recital of Chinese Folk Songs by Wilma Pang at Anza Library, 550 37th Ave., SF. Free.

SAT-SUN., FEB. 11-12, 10 a.m.-10 p.m.
Spring Festival, exhibits, dancing, music, films, etc. at Chinese Culture Ctr., 750 Kearny, SF. (986-1822)

SAT., FEB. 11, 11 a.m. on
Oakland Chinese New Year Festival, parade at 2 p.m., award ceremony at Oakland Museum at 4 p.m.

SAT., FEB. 11, 11:30 a.m.
Chinese New Year Celebration at Union Sq., SF.

SAT., FEB. 11, 2 p.m.
Chinese New Year Riddle Contest, in English & Chinese, Chinatown Library, SF.

SAT., FEB. 11, 6 p.m.
Chinese Am Civic Council New Year dinner/dance, Chiam Rest., Chicago.

SAT., FEB. 11, 8 p.m.
Concert on Jacques Brel's music by Jim Page & students, SF Community Music Ctr., 544 Capp Sf., SF. Free.

SAT., FEB. 11, 8 p.m.
Miss Chinatown USA Pageant, Masonic Auditorium, SF. (982-3000)

SUN., FEB. 12, 6 p.m.
House of China Chinese New Year celebration, Jade Inn Rest., 5943 El Cajon, San Diego. (714) 277-8721 ($9)

SAT., FEB. 18, 11 a.m.-5 p.m.
Chinese New Year Fair, YWCA, 965 Clay St., SF.

SAT., FEB. 18 around 9 p.m.
Chinese Am Demo Club New Year banquet, Empress of China, immediately following the parade. SF.

FRI., FEB. 24, 7 p.m.
Painting demonstration by Gen. Tsui-pai Yeh, Seaside City Hall, Seaside, (408) 394-2965 Mr. Charles Y. Lee.

Teresa Lam, Miss Talent of the 1977 Chinatown Beauty Pageant, was a subject of the recent Kem Lee photo exhibit at the Citizens Savings and Loan here. (Kem Lee photo)

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PROGRAM NOTES

A Slick Political Thriller from Italy

By RICHARD SPRINGER

"Illustrious Corpses" is an above average political thriller, slickly-made, with the cynical message that governments will employ any illegal means to discredit their enemies and to solidify their power.

Set in Italy, the film, directed by Francesco Rosi ("The Mattei Affair"), is from the point of view of an honest detective, who uncovers government corruption in the process of his investigation into a series of assassinations of judges.

FUZZY

Sometimes the plot seems fuzzy, but apparently the government decides that a lone maniac's grudge killings of some law and judges can be turned to their advantage, so they start killing some judges on their own. Using the killings to foment panic and fear among the public, they start a crackdown on young students and leftists. The detective becomes a pawn, useful in channeling the investigation away from the real guilty parties. But when he discovers the truth, he becomes the hunted man.

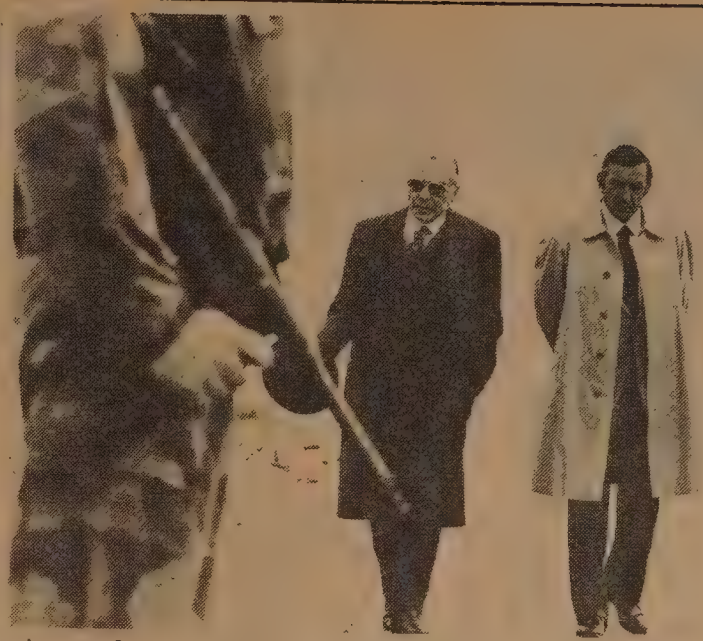
Both French and American filmmakers have handled this theme with about the same results. It's a slick, fast-paced cynical film that makes one think, but not feel. It opens this week at the Lumiere Theatre in the city.

WRESTLERS

• If you can imagine the Fonz (Henry Winkler) as a Gorgeous George-type of wrestler who wants to be Lawrence Olivier, or at least Marlon Brando, but who risks the love of an intelligent, beautiful woman for the friendship of a sex-crazed midget, a cussing, money-grabbing promoter and other sundry participants in the wrestling business, then you're prepared for "The One and Only."

The movie is not as wild or as bad as it sounds. That's not to say that "The One and Only" is worth a trip to your local theater. Winkler's egocentric, brash character does not grow on the audience, and it's difficult to understand how the young woman, played by Kim Darby, decides to marry him. The wrestling promoter, played by Gene Saks, has some funny one-liners, but the movie totters uncertainly between a love story and a comedy.

Director Carl Reiner unwisely made the Darby character too sympathetic. Her individuality seems too important to bury under the Winkler character's ego and the buffoonery of the wrestling game. Their reconciliation at the end of the movie has as hollow a ring as the wrestling industry the movie satirizes.



A scene from "Illustrious Corpses".

OZU

• Fine Japanese films continue to be featured at the Pacific Film Archive in Berkeley, and they are doing well at the box office, according to an Archive spokesperson. On Wednesday, February 8, the Archive will screen Yasujiro Ozu's "Early Summer" (1951, 135 mins, 35mm.), at 7:00 p.m. and "Lightning" (1952, 87 mins, 35mm.), directed by Mikio Naruse, at 9:30 p.m.

• The Centro Cedar in San Francisco will show Nagisha Oshima's "Pleasures of the Flesh" on February 7, 8. Oshima directed the controversial x-rated film, "Realm of the Senses." The Centro Cedar will also show the academy award winning Japanese film, "Sandarkan #8" February 16-22. This film has received rave reviews in many papers, including East/West, when it ran at the Kokusai Theatre.

TIGER

• An unpreviewed movie opening in San Francisco this week is "Tiger from Hong Kong," starring Chang I, Yueh Yang, Chang Feng, Lin Feng Chiao, Li Hung and Lung Fei. It "focuses on a young martial arts champion and his endeavors to protect his city from the forces of evil. It's rated "R," which probably means lots of blood and gore.

• The final effort of Hollywood Television Theater is a play "of the American-Japanese in California prior to World War II," *And the Soul Shall Dance*, by Wakoko Yamauchi. Check local listings for time and channel. It will air in most areas this week on the public broadcasting network. □

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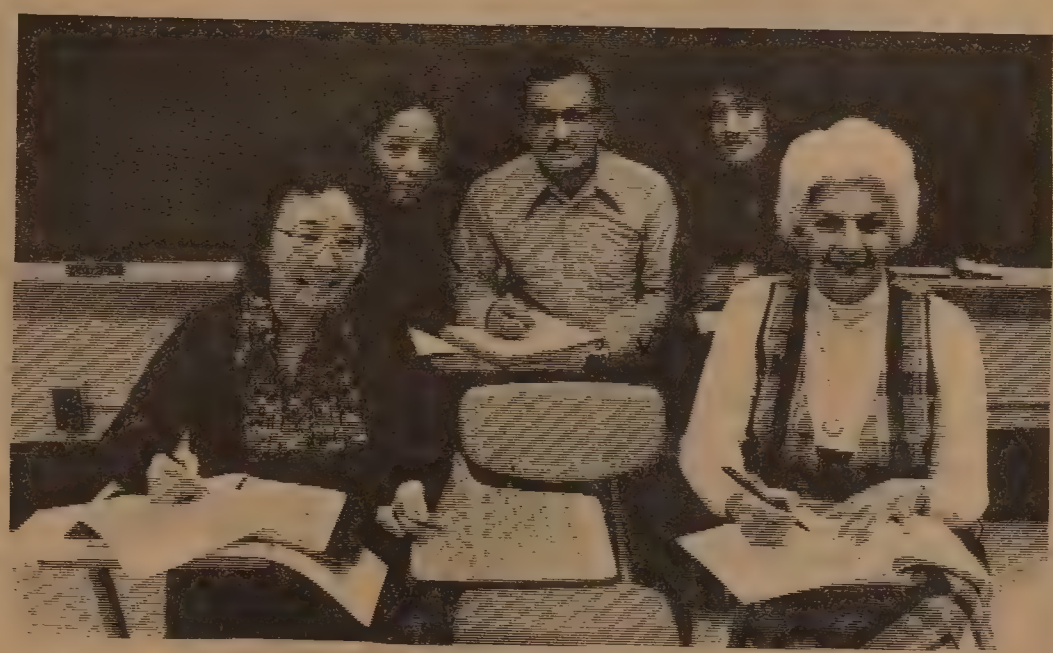

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金山客曰：老尙多情是壽徵！

☆壯哉，賭徒

賭城之「吃角子老虎」，又名「獨臂海盜」。

金山客曰：明知老虎會吃角子，海盜會劫錢財，但賭徒面無懼色，壯哉！

☆夫規妻隨

韓福端逝世後，其遺孀將繼任其國會上議員職位。

金山客曰：所謂「夫規妻隨」歟？

☆視金錢如糞土

台灣豪華寓所，竟有以名貴馬桶爲號召者，其中有一別墅之馬桶，乃用K金造成。

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乙：重唔係？時時刻刻都俾太太監視。

得咲笑□□□ 現場錄音

有獎猜謎

歡迎讀者參加猜謎遊戲，謎底下期揭曉。可將答案及姓名地址寫在明信片上寄來，但必要在下期出版前寄出。由本報每期齊集抽出五名給獎。本期獎品是五名給獎。本期獎品是（吉林民間故事）一冊。

(一)朝會（猜國家名稱一）。

(二)近墨者黑（猜字一）。

(三)指東說西（猜成語句一）。

× × ×

上期謎底：(一)埃及。(二)齣。(三)卜。

髮菜小述

髮菜，是人們喜愛的一種乾菜，因爲它的樣子像頭髮而得名，其實，這只是它在曬乾之後的樣子，新鮮的髮菜是深綠色或橄欖色的。

髮菜最美味的食法，是用來下酒。在中國北方，髮菜常常加入別的材料用來作餃子、包子的餡，春節時用來款待賓客，尤其是西北地區，髮菜當作蔬菜使用，加入豬牛羊肉，便成爲上等餃子餡了。

髮菜的營養十分豐富，根據科學的分析，人體不可缺少的鈣、燐、鐵，髮菜都具有，而蛋白質和澱粉（醣類），含量尤其豐富，發熱量的卡路里值特別高。衆所周知，蛋是以蛋白質含量多而爲其特色，而髮菜所含的蛋白質，比蛋還要高百分之五點四。含鈣則比蛋多百分之零點七一二；含鐵比蛋多百分之零點一一八；含無機鹽則比蛋多百分之六點九，含炭水化合物比蛋多百分之五十六點五。

除了營養價值之外，髮菜還是一種藥物，對於高血壓、婦女病，出鼻血等等都有相當療效，動過手術之後的病人，吃點髮菜，對傷口的癒合大有幫助。

在地球已生長的植物，大約有四十多萬種，髮菜屬於構造簡單的低等隱花型藻類，其組織成份，主要由單胞和膠狀物質組成。

髮菜的構造雖然簡單，它的生長過程却非常有趣，細小條狀的髮菜，生於地面上，遇到天旱，太陽曬裂泥土，髮菜便變成黑色，不過，那只是它進入休眠狀態，遇到下雨，或者潮濕的霧天，它又從休眠中醒來，枝體本身吸收水份，變柔軟，顏色也轉爲深綠或者橄欖色，顯得生機盎然了，因此，每逢霧雨天氣，是髮菜生長的好時節。而一年之中，隨着天氣晴和陰的變化，髮菜休眠或生長。

因爲耐旱，適應性强，因此，在中國西北雨量少、沙漠多的地方，它照樣能生長，寧夏、內蒙、甘肅、青海、新疆等是它的出產地。

不過，髮菜并非中國特有，一八七五年，兩個英國藻類學者就曾經在北美發現髮菜。在中國來說，早在唐代（公元六一八年——九〇七年）宋代（九六〇年——一二七九年）年間，就已經向東南亞和世界上許多國家輸出髮菜了。

根據統計，中國的髮菜以寧夏出產最多，近年產量大幅增長，達一九四九年時的二百倍，由於國內外市場的需求，中國有關的科學研究部門，正在進行髮菜人工栽培的研究。

成語選譯續編

此書爲香港中文大學校外進修部主任賴恬昌主編。全書收集成語均有中英文解釋，書後另有廣東民間諺語列例甚多，爲參考治學資料佳作。（每冊四元半）

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浮世漫錄

蔣覺夫

二十七、「無敵鐵探長」

四年前在香港時，經常收看電視的英文連續片集『無敵鐵探長』。主角由雷蒙德・伯爾扮演的三藩市警察總部探長羅伯特・艾恩賽德。此姓的來源可能是十七世紀英國強人克倫威爾所率領的鐵騎兵團的稱呼，片集的名字已吸引觀衆。探長有三位助手，一黑一白的青年和一位金髮女郎。四人均極斯文，破案全用智取，很少出現暴力鏡頭。情節發展也相當合乎情理，類似英國偵探小說『福爾摩斯』。案情都發生在三藩市，所以螢光幕上出現的背景就是三藩市的風光，電報山上的圓頂塔和金門大橋等景色歷歷在目，至如街道上纜車往來及漁人碼頭上夜景也經常出現。偶逢發生在華埠的案件時，畫面上亦展示些街頭巷尾的特寫鏡頭，由此觀衆可獲睹三藩市的輪廓。

來到美國後，我仍繼續收看『鐵探長』的電視片集，雖然在香港時已經幾乎全部片集均看完了，但依然在本市收看不止，如此周而復始，一片片重複看下去，毫不厭倦。因爲現在熟悉了三藩市的背景，看得愈來愈有興趣，有時在潛意識中，自己好像也處身于鐵探長的人物中間，對他們性格的特點知道得十分清楚。整個片集的風格富有人情味，探長似家長一般，同隊員生活在一個家庭中，工作同生活交織成一幅幅的圖畫，看來十分自然，大不同于其宅警匪格殺的偵探片集，可稱突出的傑作。

每次我到皇后酒樓等候電梯，總要看一下牆上照片中的雷蒙德・伯爾，結實的身材，親切的笑容，看了覺得很舒服，想來他一定很平易近人，在美國的電影明星中，風度之佳，沒有一人能相比，可稱鶴立鷄群。他的外貌及談吐活像我們以前在中國常見的忠厚長者。

雷蒙德・伯爾還主演過另一片集『佩里・梅森』，故事都涉及著名律師梅森替受害者平翻冤獄，大部份是法庭辯護的鏡頭，場面比較沉悶，我也看得不多，印象不深。

從『伯爾』這個姓，我聯想到美國歷史中一位副總統『阿倫・伯爾』，不知是否雷蒙德的祖先。阿倫是十九世紀初總統傑佛遜的副手，文武全材，但政治生命短促，祇任了四年副總統，在決鬥中殺死了當時政壇名人『漢密爾頓』，引起了總統的疑忌，在『莫須有』罪案中遭逮捕，後雖開釋，從此一蹶不振，含恨而歿。

短聞

☆屋崙農曆新年遊行定二月十一星期六下午二時舉行，遊行後在屋崙博物院頒獎。

☆商會舉辦全美華埠小姐賽會定二月十一日下午八時在美生堂舉行。

☆華埠團體舉辦的春節慶會定二月十一、十二（星期六、日）上午十時至下午十時在三藩市中華文化中心舉行。有民族舞蹈、民歌、電影、工藝品和小食攤位的擺設。

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佛山雜寫

閔鉞

佛山市是廣東一個有一千三百多年歷史的中等城市，它是中國歷史上四大名鎮之一（其他三鎮爲景德鎮、朱仙鎮和漢口鎮）。古代的佛山鎮，手工業如絲織、陶瓷、鑄造等，以及商業，都很發達，人口十分稠密。

從唐代開始，佛山逐漸建立起各種手工業作坊，生產出遠近馳名的香雲紗、美術陶瓷、鐵鍋等產品，到了宋代，手工業有了發展，使佛山成爲中國南方的重鎮。近年，佛山更由純粹的手工業城市，成爲一個輕工業城市。目前，佛山擁有傳統的鑄造、陶瓷、紡織以及現代的電子、化學工業、機械製造、農業機械、化肥、印刷、食品加工等工業，工廠一百八十間。無論傳統工業和現代工業都逐步走向機械化，提高產品的品種、數量和質量。

在農業方面，也致力於機械化的發展，現時，佛山市郊區的農村機械耕作程度達到百分之八十，排灌、脫粒、淋菜、運輸以及農副產品和飼料加工基本上實現機械化和半機械化，近五萬畝農田中有百分之八十的農田已達到旱澇保收（即天旱水澇也能穩產），產量比前增加。去年雖遭到嚴重的自然災害，糧食畝產仍達一千五百一十三斤。

佛山民間藝術有悠久的歷史，品種豐富多彩，有剪紙、燈式、秋色（象徵工藝）、雕刻（墨魚骨刻、玉雕）、國畫書法等。

秋色：佛山秋色有七百多年的歷史，以前叫「出秋色」，是民衆在秋收以後，舉行的一種民間藝術活動的總稱。主要是利用生產剩餘的廢料，製成各種精巧的手工藝品，其特點是以假作眞。

燈式：佛山燈式有一千多年歷史，分兩類燈，一類是中原傳統的彩燈，一類是秋色燈。彩燈主要利用絲綢鐵線製作的，秋色燈主要利用各種低價的物品黏砌出各種富於藝術的燈如燈草燈、刨柴燈、瓜仁燈等。

剪紙：佛山剪紙有五百多年歷史，它利用佛山特產的銅箔、色紙作原料刻製而成。有銅襯、銅齒、紙襯、銅寫料、紙寫料、純色等品種，特點是色澤絢麗，金碧輝煌，線條毫放渾厚，精巧秀麗，是一種別有風格的傳統工藝品。

雕刻：墨魚骨雕是一種較新的工藝，特點是色澤潔白、精巧、玲瓏。

國畫書法：佛山的國畫書法以宣紙、徽墨、湖筆、端硯爲材料，畫分工筆和意筆畫。

佛山石灣陶瓷也是一項歷史久遠的傳統工藝。近幾年，石灣陶瓷全部生產過程，從碎泥、煉泥、製胚、乾胚、噴油等工序，均採用機械化，使生產自動進行。目前，除生產大批日用精陶、細瓷製品，還有耐高溫、耐驟熱驟冷等特殊性能的精陶製品。至於馳譽中國各地的「石灣公仔」，即石灣美術陶瓷，如今它的手工藝術比昔日更形豐富多彩，題材更廣，近年每年創新的新產品達一百多件。經過技術改革後，使高溫釉彩從原來的二十多種增加到七十多種，并研製成功了美術陶瓷新釉彩——結晶釉等十三種。

佛山祖廟是遊客必到之地，它始建於宋代元豐年間（公元一〇七八年至一〇八五年），明黃武五年（公元一三七二年）重修。祖廟古建築造型樸實，結構嚴謹，斗拱壯麗雄偉，建築物上還裝飾了多種工藝品，如陶塑、磚雕、木雕、石雕、灰塑，還有鑄銅、鑄鐵漆樸工藝等，設計精巧，製作細緻，是中國珍貴的歷史遺產。祖廟的範圍并已擴大，建成爲一座公園，名佛山祖廟公園，建有亭台樓榭，栽上四時花木，供遊人憩息。祖廟內的建築如今修整一新，廟宇的後樓已闢作博物館，收集了遠至公元二十五年的數千件文物展出，其中包括近年在佛山出土的東漢古墓文物，此外還陳列有歷代石灣陶窰各種釉彩的作品和其他民間手工藝品。

瑣談食物療法

利生

科學

利用食物來預防和治療疾病的方法，在中醫學中稱爲「飲食療法」，這種方法取材方便、簡單易行，有的療效也很卓著。

「飲食療法」的歷史可上溯至古代。唐代名醫孫思邈曾著有「食治」一卷，他在「千金方」中說：「凡欲治療，先以食療，既食療不愈，後乃用藥爾。」唐代孟詵所著的食療藥物的專著「補養方」，後經張鼎增補，改名爲「食療本草」，是爲食物治療學專著的開端。宋代太平聖惠方載：「……夫食能排邪而安臟腑，清神爽志，以資血氣，若能食用平痾，適情遣病者，可謂上工矣。」亦說明食治對疾病防治的重要性。

現代醫學同樣認爲，食物對防治疾病有重要作用。例如吃芹菜、茄子、大棗對預防和治療高血壓、動脈硬化症有效，是因爲這些食物中含有較多的維生素D和C；動物肝臟可治夜盲、貧血，是因爲它含有維生素A和B十二；山楂所以能開胃消滯，是因爲它含有豐富的維生素C和檸檬酸等……。

人們的食品，一般分爲主食、副食兩大類。各種主食，以供給澱粉爲主；副食中的肉、蛋類，主要供給脂肪和蛋白質；蔬菜、水果則主要供給各種維生素和礦物質。人體中如果長期缺乏某種維生素或礦物質，就會引起疾病的發生。例如缺乏維生素A、D，可能引起夜盲、軟骨病；缺乏維生素B一，可能引起脚氣病；缺乏維生素B二，可能引起口角炎、口腔炎；缺乏維生素C可能引起壞血病；缺少鐵質可發生貧血；缺少磷質可引起腦神經衰弱……等等。由此可知，某些疾病是缺乏某些營養成份引起的；採用多吃某些食物的辦法來防治，便是飲食療法防治疾病的道理。

科學研究還認爲，食物的營養價值固然值得重視，但如何控制食物的酸性和碱性平衡，也是一個重要問題。如食物含酸性過高，身體各主要器官便要取用較多的骨中之鈣，而鈣對於骨骼的構造具有特殊功用，長此下去，便會使身體構造失去平衡。一般來說，米、肉、蛋類多屬酸性，而蔬菜、水果，則多屬碱性。爲了防止酸性過多或中和酸性，維持體內酸碱平衡，所以平日宜多吃蔬菜、水果。看病時，醫生常常囑咐患者多吃水果、蔬菜，道理就在於此。

中醫學認爲，各種食物有它的營養特性，在一般情況下，由人體在一定幅度內自動調節，而在患病時便需要特別選擇。當食物性質對病者有矛盾之時，應有所愼忌，這是歷代醫學家長期觀察積累的經驗。例如，蔬菜、瓜果，多屬生冷，性寒，能清熱解渴，適用於熱性疾病，如發燒，咽喉疼痛、大便秘結等症，而一切虛寒之體及腸胃病，如胃腹疼痛、嘔吐泄瀉等症均應愼忌；生薑、辣椒、大蒜、酒等，多屬辛熱，少食有通陽健胃作用，適宜於寒症疾病，如胃腹寒疼等，如多食則生疾動火，損害目力，故對目疾、溫病、皮膚瘡癤等均須禁忌；動物肥肉及油炸食物，難於消化，有損脾胃的作用，凡患胃腸疾病及牙齒不健全者，均屬愼忌；豬頭肉、公鷄肉、南瓜、芥菜等，俗稱「發物」，認爲是動風生疾助火之品，容易誘發舊病，增重新病，故不可不引起注意。

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侗鄉風情畫

甘戈

侗族是中國的一個古老民族，據考證，侗族的先人是百粵（百越）的一支，居住在中國東南沿海的江蘇省一帶，後來遷移至貴州、湖南、廣西三省交界地區，現時共有人口八、九十萬，但以貴州省的黎平、天柱、從江、錦屏等縣人數最多，佔侗族人口一半以上。

在侗族聚居地區，山嶺重疊，河川縱橫，適宜種植水稻和經營林業。自古以來，侗族向以務農爲主，在碧水環流的平野和逶迤的山崗上，觸目皆是稻田，四季郁綠青葱。侗寨大都依山傍水，大的有五、六百家，小的也有四、五十家，家家戶戶住的都是二、三層的木樓房，周圍綠樹成林，杉樹、松樹、茶樹、桐樹、竹樹、蕉樹繁茂茁壯，山坡上的鮮花和樹上的果花相互掩映，風景非常迷人。

侗族有比較發達的傳統文化，這可從他們獨特的建築藝術中反映出來。在每個侗族寨子裏，都有一、兩個鼓樓，它是侗寨最高的建築物，結構複雜，風格特別。鼓樓當中掛着一面大鼓，四周放着長椅，遇到寨子裏有甚麼大事，便擊鼓爲號，召集大家議事，此外，鼓樓也是侗族青年男女跳舞唱歌的地方。

鼓樓之外，橋樑和涼亭在侗族地區也十分普遍。橋樑的建築，一般是一溜長廊式的通道，兩旁設有長椅，供行人躲避風雨和休息之用，所以侗家人稱這種橋爲風雨橋（或回龍橋）。尤爲難得的是，整座橋都不用一顆鐵釘或其他鐵器，全都是用當地所產的杉木接榫而成，而且在橋面瓦檐的襯板上，繪畫着不少富於民族特色的圖案，表現了侗族傑出的建築才能和智慧。至於涼亭，一般都建築在寨子口或山路旁，裏面放着泉水供過路的人飲用，由此可見侗族的好客。

侗族喜愛歌舞，人們不論是在山坡上種田，在茶油林裏揀茶油子，還是休息坐在吊樓走廊上繡花邊，都要唱歌。據說孩子長到十歲，就編成歌隊，由村寨裏的唱歌師傅教歌。春節是「踩歌堂」的日子，青年男女練好了歌舞，在村裏的鼓樓坪集中，男的吹蘆笙，女的手拉手跳舞，一般慶祝三天，唱的內容常以讚美勞動作開篇：「啊哈，吧哈吧……，開春了，燕子斜斜掠上河，好心的燕子把話說：春天來了莫偷懶，叫我們快快去幹活。」有的村寨在春節舉行「打同年會」，一般是兩個村子約好，由一個村子的青年男女在春節期間到另一個村去當客人，但這個「客」是要賽歌的，主人的一方在村口放上障礙物，唱「攔路歌」來問客人，客人每答對一次移走一件物件。

侗族流行蘆笙舞，一般是兩個人對跳，每人吹一蘆笙，有魚躍、鷄鬥、趕虎等動作，其他舞蹈還有紡棉舞、扁擔舞等。侗戲在中國少數民族戲曲中頗爲著名，它是從侗歌、侗舞的基礎上發展的，有一百多年歷史。

侗族服裝很別緻，婦女愛在衣襟和袖子縫上五彩繽紛的花邊，這些花邊有的有九種顏色，寬二、三寸。節日裏，婦女戴上頸圈、頭飾、耳環等，手鐲用銀製成，刻有精美的花紋。侗人的衣服大都用自織的侗布做成，像緞子一樣美觀。

侗寨風光（木刻）

各國別名雜綴

小克

世界上許多國家都有特殊的地理環境和特點，許多時候，這成了它們的別名的由來。

例如位於亞洲西南部的尼泊爾，別名「亞洲山國」，因爲這個國家大部份土地是丘陵和高原，東、西、北三面都有山脈環繞，世界第一高峯珠穆朗瑪峯就位於尼泊爾和中國的分界處。

菲律賓別名「千島之國」，那是由七千零八十四個大小島嶼所組成而得來的。

斯里蘭卡別名「東方珍珠」，因它的位置，從地圖上看，像是南亞次大陸南面的一顆美麗珍珠。

中東國家伊拉克別名「三河之國」，因幼發拉底河和底格里斯河流過其國境，加上它盛產石油，當作一條油河，合稱三河。

歐洲國家挪威別名「萬島之國」，因它沿海大小島嶼，多至十五萬個。

芬蘭別名「千湖之國」，全國大小湖泊多至六萬以上（其實瑞典湖泊比它還多，不下九萬個）。

瑞典別名「森林王國」，全國森林面積，佔其土地總面積一半以上。

荷蘭別名「低地之國」，全國土地大都低於海平面。

丹麥別名「北歐海上門戶」，因它位在波羅的海出口處。

西非國家幾內亞別名「西非水塔」，因西非幾條主要河流都發源於這個國內。

東非高原國家烏干達別名「東非高原水鄉」，它位於東非高原西北部，大部份爲高原，湖泊衆多。

埃塞俄比亞別名「非洲屋脊」，這東非山地高原國家，平均海拔在二千五百至三千公尺以上，地勢全非最高。

東非國家索馬里別名「非洲之角」，因它位於東非的一個角上，也因盛產乳香等香料，被稱爲「香料之邦」。

中美洲西印度島國牙買加別名「泉水之島」，這個國家境內有許多岩洞、瀑布和溫泉，大小多至幾百個。

中美國家薩爾瓦多別名「火山之國」，境內火山極多，地震頻繁。

中國積極研究防癌法

最近，中國衞生部在北京召開了全國腫瘤防治工作會議，制定了腫瘤防治研究工作的規劃。幾年來，中國完成了五億多人口地區的癌病調查，逐步摸清了中國常見惡性腫瘤（癌疱）的發病情況和分佈特點，爲研究腫瘤的發病原因和預防措施提供了大量數據。目前，對食管癌、肝癌、鼻咽癌、宮頸癌等重點腫瘤的早期診斷率有所提高。中國自創一種「拉網法」在一些地區普查食管癌，能使百分之九十的食管癌病人獲準確診斷。中國并開始改革純依靠手術、放射治療和化學藥物的治療方法，採用中西醫結合的方法治療各種常見腫瘤，并已取得一些臨床效果。

歡迎定閱本報

美國的噪音

小克

噪音已成爲美國的一大禍害。在紐約，一個夜班工人被臥室外嬉戲的小孩吵得不能入睡，一怒之下，用槍把那孩子打死。愛達荷州一個馬鈴薯農人，用自己的農產品作高射炮，仰擊低飛而過的軍機，結果被捕，這些人都是被不停的噪音吵得神智模糊，而做出難以自制的事來。美國噪音的爲害之烈，可見一斑。

音量的計量單位叫「分貝」，一般說，如果音量經常超過八十五分貝，就成爲危害健康的噪音。

近年在美國流行的搖滾音樂音量極大，其音浪可以高到震撼神經的程度，這種音樂對美國青年爲害極烈。專家曾對七千多個青年進行測驗，結果發現聽覺有毛病的人不斷增加，田納西州立大學所錄取的一年級學生中，竟有三分之二的人聽覺比相對年齡水平爲低，更糟的是他們的聽覺還比不上比他們大二、三十歲的人。上述數字表示美國青年失去部份聽覺能力的時期過早，雖然他們還沒有達到聾的地步，可是已有失去傳達感覺而影響將來就業和生活的危險。搖滾音樂已成了美國噪音的主要來源之一。

失踪男子　蛇腹藏屍

印尼中部西里比亞山區的帝諾巴拉村，最近有一個男子莫明其故的失了踪，多方找尋，也無着落。四天之後，一條六公尺長的大蛇給村民打死。村民把大蛇的肚子剖開，嚇了一跳：在大蛇的胃內發現一具屍體，原來竟是那失踪的男子！

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七百餘人參加就業協會大會

（本報訊）華人就業協會六週年餐會及會員大會上週在三藩市大學舉行，七百多名社區各界人士和政府官員到會。

馬士孔尼市長稱讚這民權組織。他說「華人就業協會會員不但依時付會費，還盡力支持平等就業和在市政府中堅持種族平等、公平處事的原則」。他說將盡他所能幫助協會廣招會員。

市長指出警局訟案和解在即，希望今後即會有更多少數民族人士加入警界。

他說劉貴明律師獲選爲市參議表示華裔參政前途可觀。「現在的市參議局是近年來最能爲市民服務的一個。」市長顯然對新上任的參議們甚表滿意。

劉貴明多年來任就業協會董事，領導該會工作。該會當晚向他送禮物致敬意。劉氏說華人民權運動雖已開動，但仍要做很多工作。在這方面，劉氏說政府官員的努力和社區中許多無名英雄一樣重要。「我深信華人就業協會的宗旨，希望日後我們都會成爲一等公民。」

市府行政總長波亞士在演講中強調支持雙語選舉和改善醫療服務的重要性。在爭取平等權益運動中，波亞士切望協會不但爲華裔努力，還要爲所有市民而努力。

協會總幹事謝國器回憶創立時的艱辛。他說協會在一九六九年創建，爲提倡及爭取華人在經濟、社會及政治上的均等機會及平等地位。在成立初期，該會接觸大公司、民選官員及公共機構要求給予華人平等就業機會時，經常受到態度惡劣，置之不理的對待。結果該會在要求談判被拒絕後，立採其他途徑，如召開記者招待會，向政府投訴，舉行示威，甚至向法庭入稟訴訟，以求該公司等改正其歧視華人的態度。該會現有會員達一千一百餘名。

謝國器指出一九七七年該會工作重點有(一)消除對華人的職業歧視，(二)促進華人平等就業機會，(三)爲華人社區爭取公共資源（政府撥款）的平等分配，(四)鼓勵華人在各級政府決策委會任職，爲華人社區爭取應有權益，(五)盡力爭取和說服廣播界及報界對華人社區作正確的報導。

北京不滿卡特總統

據基督教科學箴言報一月卅日消息。巴黎一些隨從法國總理巴爾訪華歸來的記者，說北京對美國總統卡特不滿。

北京官員私下對法國記者說卡特內閣中很多反華人士，他們不欲依照北京所訂條件來改善美中關係。這些官員說「去年國務卿萬斯來華是一個十分令人失望的訪問。」他們又指責美國在兩國貿易上橫加阻撓，認爲一些運華的商品有戰略價值。而且美國「有意增加中蘇兩國的矛盾」云。

是「成人問題」還是青年問題

（東西報社論）近一百五十位熱心社區工作人士在上星期六參加了一個以社區青年問題爲中心的討論會，對社區中治安、教育、家庭等問題提了很多寶貴的意見。

討論會的負責人宣稱，這次會議是爲了華埠治安問題及青年幫派問題而舉辦的。特別是自從金龍酒家兇殺案後社區人士均感治安問題日趨嚴重，不但影響華埠商人和居民的安全，而且只要黑幫勢力所及，所有青少年會有被牽連的一天。

可是治安和幫派問題是不是單純的青年問題呢？

我們認爲不然。

華人青少年中絕大多數仍是好學守法的。參加幫派等黑社會組織的爲數不多。

不但如此，黑社會中人士也不全是青少年。事實上不少頭目是中年老年的一輩。社區上治安不良，不能單單怪責一些青少年。

而且在社區中，黑社會的存在，教育、民居、就業的問題無法一時解決，華人家庭的離散，家長無法管教自己的子女，這些等等，都是極爲嚴重的問題。

這些「成人問題」無法解決，如何能談到青年問題呢？也就是說，社區中很多問題是在「成人」身上，「成人們」若不去正視現實，設法清除不良份子，扶起病入膏肓的一些團體，協助幫派人士正當就業回歸正途，只談青年問題是不着邊際的。

賀年

（東西報社論）下星期二是農曆戊午年正月初一。新年是華人的一個最大的節日。在這一個節日裡，少不免有一些迷信過時的習尚。但其中仍不乏有意義的一面。我們希望美國華人在西方文化下生活，維護發展中華文化。使年老的一代，能夠明白世界人士已漸接受多元文化的薰陶，不再歧視來自國外的文化。又可以使年青的一代，在東西雙方文化影響下長成，既有東西文化之所長，又能促進雙方文化之融灌和互相瞭解。

我們謹此向讀者們賀年。祝諸位新年愉快，身體健康。